



Sausage Lovers' Dip

READY IN



45 min.

SERVINGS



4

CALORIES



1106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce canned tomatoes diced green drained canned
- 8 ounce cream cheese softened
- 10 ounce pkt spinach frozen thawed drained chopped well
- 0.5 teaspoon garlic powder
- 0.5 cup green onions chopped
- 4 servings pita bread triangles toasted
- 16 ounce jimmy dean extra mild pork sausage
- 4 ounces cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour

4 servings tortilla chips

2 tablespoons water

Equipment

frying pan

Directions

Cook sausage in a large skillet over medium-high heat about 10 minutes, stirring until sausage crumbles and is no longer pink.

Drain. Stir in 2 tablespoons water; cover and cook 1 minute.

Stir in spinach and next 6 ingredients, and cook, stirring constantly, until thoroughly heated.

Serve with toasted pita bread triangles or tortilla chips.

Nutrition Facts

 **PROTEIN 14.2%**  **FAT 62.22%**  **CARBS 23.58%**

Properties

Glycemic Index:63.5, Glycemic Load:31.75, Inflammation Score:-10, Nutrition Score:38.322173864945%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 1105.74kcal (55.29%), Fat: 77.32g (118.96%), Saturated Fat: 33.54g (209.62%), Carbohydrates: 65.96g (21.99%), Net Carbohydrates: 59.46g (21.62%), Sugar: 8.26g (9.17%), Cholesterol: 200.71mg (66.9%), Sodium: 1642.83mg (71.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.7g (79.4%), Vitamin K: 302.31µg (287.91%), Vitamin A: 10072.32IU (201.45%), Phosphorus: 567.59mg (56.76%), Calcium: 525.79mg (52.58%), Manganese: 0.94mg (47.13%), Vitamin B2: 0.77mg (45.24%), Vitamin B1: 0.66mg (44.1%), Vitamin B3: 8.18mg (40.9%), Folate: 152.55µg (38.14%), Vitamin B6: 0.73mg (36.64%), Zinc: 5.48mg (36.52%), Magnesium: 142.58mg (35.64%), Vitamin E: 5.13mg (34.21%), Potassium: 1058.79mg (30.25%), Selenium: 21.07µg (30.1%), Iron: 5.08mg (28.24%), Fiber: 6.5g (26.02%), Vitamin B12: 1.51µg (25.14%), Copper: 0.47mg (23.56%), Vitamin B5: 2.22mg (22.22%), Vitamin C: 14.08mg (17.06%), Vitamin D: 1.64µg (10.96%)